

WHAT IS CLAIMED IS:

1. A method of decreasing blood pressure in a mammal comprising administering to the mammal between about 10 mmol/day and about 35 mmol/day of a potassium salt.
2. A method of treating or preventing hypertension in a mammal comprising administering to the mammal between about 10 mmol/day and about 35 mmol/day of a potassium salt.
3. The method of claim 1 or claim 2 wherein between about 15 mmol/day and about 30 mmol/day of a potassium salt is administered to the mammal.
4. The method of claim 1 or claim 2 wherein between about 20 mmol/day and about 25 mmol/day of a potassium salt is administered to the mammal.
5. The method of claim 1 or claim 2 wherein between about 22 mmol/day and about 24 mmol/day of a potassium salt is administered to the mammal.
6. The method of any one of claims 1 to 5 wherein the potassium salt is selected from the group consisting of potassium chloride, potassium citrate, potassium bicarbonate, potassium tartrate, potassium gluconate, and potassium lactate.
7. The method of claim 6 wherein the potassium salt is potassium chloride.
8. The method of claim 6 wherein the potassium salt is potassium bicarbonate.
9. The method of any one of claims 1 to 8 wherein the potassium salt is administered in the form of at least one tablet.
10. The method of any one of claims 1 to 8 wherein the potassium salt is administered in the form of a plurality of tablets administered at different times in a day.
11. The method of any one of claims 1 to 8 wherein the potassium salt is administered in the form of a supplemented beverage or a supplemented foodstuff.
12. The method of any one of claims 1 to 11 wherein the mammal is a human.
13. The method of any one of claims 1 to 12 wherein the blood pressure of the mammal is decreased at least about 5% as measured by the mean arterial pressure of the mammal.
14. The method of any one of claims 1 to 13 wherein the mammal is also co-administered an anti-hypertension compound.
15. The method of claim 14 wherein the anti-hypertension compound is a member selected from the group consisting of diuretics, anxiety medication, alpha blockers, beta blockers, ACE inhibitors, calcium channel blockers, and vasodilators.

16. A beverage supplemented with a potassium salt such that a daily serving provides between about 10 mmol and about 35 mmol of the potassium salt.
17. The beverage of claim 16 which provides a daily serving of potassium salt between about 15 mmol and about 30 mmol.
18. The beverage of claim 16 which provides a daily serving of potassium salt between about 20 mmol and about 25 mmol.
19. The beverage of claim 16 which provides a daily serving of potassium salt between about 22 mmol and about 24 mmol.
20. The beverage of any one of claims 16 to 19 which is a supplemented beverage selected from the group consisting of supplemented water, fruit juice, vegetable juice, carbonated beverage, sports beverage, health beverage, elixir, and syrup.
21. The beverage of claim 20 which comprises at least one member of the group consisting of orange juice, apple juice, grape juice, grapefruit juice, tomato juice, carrot juice, and any combination thereof.
22. The beverage of any of claims 16-21, wherein the potassium salt is selected from the group consisting of potassium chloride, potassium citrate, potassium bicarbonate, potassium tartrate, potassium gluconate, and potassium lactate.
23. The beverage of claim 22 wherein the potassium salt is potassium chloride or potassium bicarbonate.
24. A foodstuff supplemented with a potassium salt such that a daily serving provides between about 10 mmol and about 35 mmol of the potassium salt.
25. The foodstuff of claim 24 which provides a daily serving of potassium salt between about 15 mmol and about 30 mmol.
26. The foodstuff of claim 24 which provides a daily serving of potassium salt between about 20 mmol and about 25 mmol.
27. The foodstuff of claim 24 which provides a daily serving of potassium salt between about 22 mmol and about 24 mmol.
28. The foodstuff of any of claims 24-27 wherein the potassium salt is selected from the group consisting of potassium chloride, potassium citrate, potassium bicarbonate, potassium tartrate, potassium gluconate, and potassium lactate.

29. The foodstuff of claim 28 wherein the potassium salt is potassium chloride or potassium bicarbonate.
30. Use of a beverage of claim 22 or claim 23 for the treatment or prevention of hypertension.
31. Use of a foodstuff of claim 28 or claim 29 for the treatment or prevention of hypertension.
32. The beverage of any one of claims 16 to 23, or the foodstuff of any one of claims 24 to 29, which is accompanied by instructions to ingest a daily amount of said beverage or foodstuff which provides between about 10 mmol/day and about 35 mmol/day of the potassium salt.
33. The beverage or foodstuff of claim 32, being in a package and wherein the instructions are printed on the package.
34. A beverage or foodstuff, packaged in a packet, wherein the contents of the packet contain between about 10 mmol/day and about 35 mmol/day of a potassium salt.
35. The beverage or foodstuff of claim 34, wherein the packet is sealed, preferably hermetically.
36. A collection of a plurality of beverages according to any one of claims 16 to 23 or 32 to 35.
37. A collection of a plurality of foodstuffs according to any one of claims 24 to 29 or 32 to 35.
38. The collection of claim 36 or claim 37, wherein the plurality is a multiple of seven.
39. The collection of claim 38, which is accompanied by instructions to ingest one beverage or foodstuff per day.
40. The collection of claim 39, wherein, within each multiple of seven, the beverages or foodstuffs are labeled with an indication of the days of the week, each day being represented on a single member of the seven.
41. The collection of any one of claims 36 to 40, wherein the plurality are joined to each other.
42. The collection of claim 41, wherein a single member of the collection can be separated from the other members by hand.
43. The collection of claim 42, wherein a single member of the collection can be torn from the other members.
44. The beverage, foodstuff or collection of any of claims 16 to 29 and 32 to 42, further comprising a second daily health supplement.